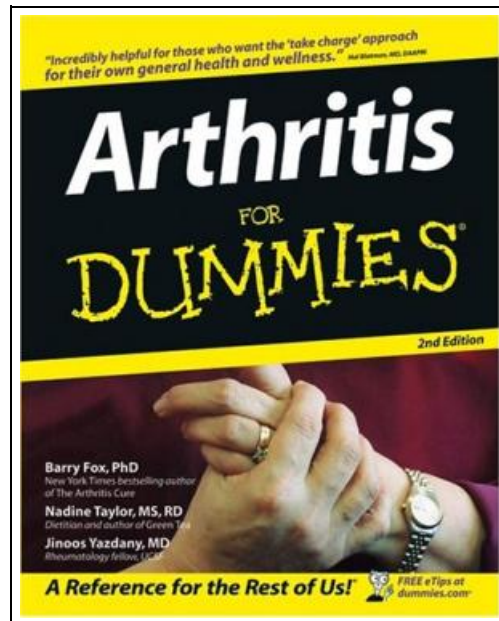


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ARTHRITIS FOR DUMMIES (2ND REVISED EDITION)



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John Wiley & Sons Inc. Paperback. Book Condition: new. BRAND NEW, Arthritis For Dummies (2nd Revised edition), Barry Fox, Jinoos Yazdany, Nadine Taylor, Whether it appears as a little bit of creaky stiffness in the hip or knee or as a major case of inflammation that settles in several joints, arthritis is an unwelcome visitor that knocks on just about everybody's door sooner or later. Although there is currently no out-and-out cure for arthritis, there are many techniques for managing this disease that is, controlling its symptoms so that you can get on with your life! Arthritis For Dummies is a book for both the millions who suffer from chronic joint conditions classified under arthritis, as well as family members and friends of arthritis sufferers who want to offer support and help. The bestselling author of The Arthritis Cure, Dr. Barry Fox, along with healthcare professionals Nadine Taylor and Jinoos Yazdany, have updated this friendly, hands-on guide to give you the latest information available on: * The different types of arthritis * Diagnosing the condition * Alleviating your symptoms and minimizing pain * The latest treatments and therapies * Living day-to-day with arthritis and improving your lifestyle This friendly guide features expert advice on finding a doctor that's right for you and walks you through the latest medications, diagnostic procedures, surgical advances, and dietary findings to help you manage arthritis, slow down its progression, and enjoy life to the fullest. You get diet, exercise, and self-care regimens designed to protect and soothe your joints, as well as the latest on: * Keeping your joints in shape * Spotting warning signs * Evaluating conventional and alternative treatments * Making positive lifestyle changes * Dealing with chronic pain * Exercising away your stiffness * Coping with stress, anger, and depression Complete with...



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